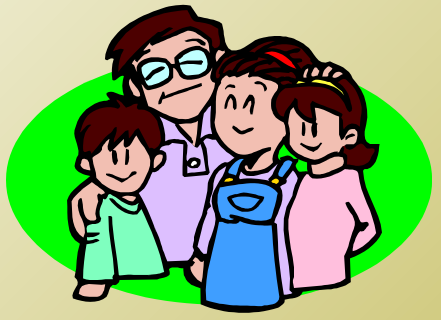
Family Readiness Groups

What is an FRG?

- Commander's Program
- The Unit's "Family"
- Guard "Family" volunteers (spouses, children, retirees, Moms/Dads, girlfriends/boyfriends, employers, etc.

What is the Role of an FRG?

- Information to Families
- Keeping families “Ready” (AT, school, hurricane duty, ice/snow storm/deployment)
- Share “Guard” experience with families
- Welcome New Members/Families
- Social Events



FRGs Are Not

- The ladies’ coffee group
- Just for deployment
- Only for people with problems
- A long-term baby sitting service
- Part of casualty notification
- Fundraising entity for unit

How do you to start an FRG?

- Talk to the Commander about volunteering
- Commander contacts FRG Advisor to appoint (see FAC Flyer)
- FRG Advisor contacts FRG Leader re: training
- Develop “FRG Corner” in Drill Letter
- Plan Welcome Day/Coffee w/Commander, etc. to meet Families and recruit other Volunteers
- Call Local FAC to develop relationship

How does the FRG benefit Soldiers?

- Peace of mind
- Ability to focus
- Improve job performance
- Safety
- Increase Family Knowledge

How does the FRG benefit for Commanders

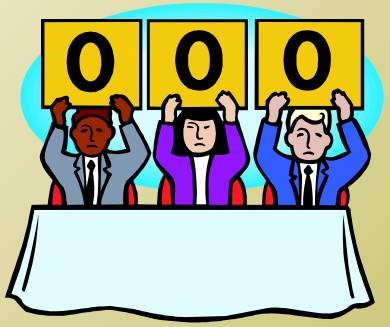
- Lighten workload
- (contact info, etc.)
- Improve readiness (soldiers, i.e. families)
- Promote family self-reliance
- Enhance camaraderie (families and Soldiers)
- Retention

Essential Ingredients of Successful FRGs

- Caring leaders
- Well-trained
- Well-organized
- Great communications
- Fun FRG events (adults and children)

What are some activities an FRG can do?

- Paragraph in Drill Letter (announcements, Welcome New Members, etc.)
- Educational Opportunities
- “Coffee with the Commander”
- Crafts for Holidays
- “Lock-In” for Children and other Kids events (KOG)
- Telephone Tree for events/info
- Update Info on UMR for Commander



Functions of FRG

- Regular Drilling Status
  - Info/Education for families Unit activities
  - Education to keep families “Ready”
  - Fun Events/activities for families & children
  - Become “Unit’s Family”
  - Help develop Mentoring Program for families
  - Welcome New Unit Members & Families

Functions of FRG cont'd

- Deployment
  - Contact local Family Assistance Center (FAC)
  - Help organize Family Pre-Deployment & Deployment Briefings
  - Telephone Tree
  - Provide activities/Information for all families
  - Help with Farewell Ceremony
  - Plan FRG Activities
  - Rumor Control

Functions of FRG cont’d

- Reunion & Post-Deployment
  - Work with Family Assistance Center (FAC) to schedule Reunion Briefings
  - Ensure families are aware of return info (date, time, etc.)
- Post-Deployment
  - Work with Unit on Welcome Home Ceremony
  - Return to Regular Drilling Status FRG

Maintaining the FRG

- Work with Commander or MPOC
- Talk w/Families “Events/Activities they would like to do/have
- Be Creative and have FUN!
- Work with your local FAC on events/info/education
- Recognize those who help you!

Things to Remember

- There is no rank!
- There are no dues.
- Leadership is not based upon sponsor’s position.
- Participation is voluntary.
- Have Fun!
- Be Creative